



Washington State Department of
Labor & Industries

Division of Occupational Safety and Health

Ergonomics Consultation

- Free
- Confidential
- Powerful impact on your bottom line



Ergonomics: The science and practice of designing work to fit people, optimize productivity, and prevent injuries.



Division of Occupational Safety and Health

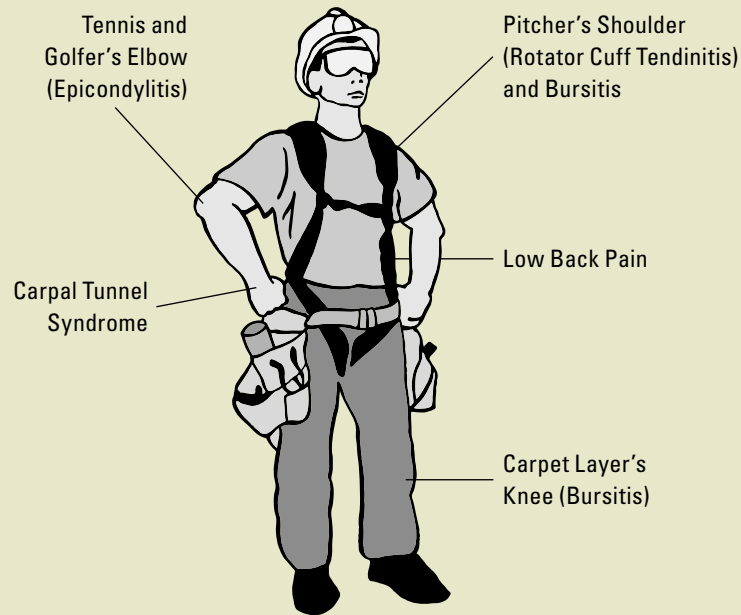


Ergonomics.Lni.wa.gov



1-800-423-7233

COMMON MUSCLE AND JOINT INJURIES



Muscle and joint injuries are a BIG DEAL

They can cost your business *lots* of money through:

- Higher workers' comp premiums
- Decreased quality of work
- Higher direct medical expenses
- Time loss
- More down time
- Decreased productivity
- Higher overtime costs



These injuries cost workers, too

Injuries can have a huge impact on the ability to work and do normal everyday tasks.

Ergonomics can help you:



- Prevent muscle and joint injuries.
- Reduce operating costs so that there's more profit in your pocket.
- Increase your productivity and quality.
- Reduce waste and unnecessary tasks in your operations.

Goals of ergonomics:



- Fit the job to the worker.
- Get the job done without hurting anyone.
- Keep the workforce working.
- Reduce hazards that lead to muscle and joint injuries.
- Keep workers safe, happy, and healthy.

What we do to help:



- Identify tasks that can cause muscle and joint injuries.
- Examine specific jobs, work areas or an entire operation.
- Offer a range of solutions to reduce the injury risk.
- Provide training to increase awareness and show how you can apply ergonomic principles in your business.
- Help you develop an ergonomics program.
- Offer ergonomics-minded design input *before* any major equipment purchases or changes, major moves, or layout changes.

What our customers are saying

"The greatest thing about the services are on-site visits — working with supervisors as well as employees. They [the ergonomists] listen and watch what the jobs entail before making recommendations. They provide us a report with recommendations and solutions, which we share with employees. These save lots of money in the costs of claims."

Brenda Geis, Canyon Creek Cabinet Company

"We'd like to acknowledge and send our appreciation to you for all of the help you've given our ergonomics team. The training and assessments you provided at our mill site were greatly needed. Your recommendations helped us provide a safer work environment for our employees. Your support and involvement has made it possible for us to successfully progress with our ergonomics implementation."

Ergonomics Team, Longview Fibre Paper and Packaging

Best of all, we offer our services at no cost to you!

To schedule a free ergonomics consultation or ask questions:

Visit our website: **ErgoConsult.Lni.wa.gov**

Call: 360-902-5450

Email: Ergonomics@Lni.wa.gov



*Other formats for persons with disabilities
are available on request. Call 1-800-547-8367.*

TDD users, call 360-902-5797.

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